

RECENT EVENTS & SPEAKERS

Seniors day celebrations: In June, we celebrated seniors' day. Senior members, their family and friends sampled South Asian street food. An art & craft show was organized where beautiful handmade abstract paintings were also exhibited made by Rajinder Sohanpal. A photo contest was held and prizes were distributed to the winners: Harjinder Aulakh, Jacqueline Travis, Yumna Qadir and Harjinder Kailey. One of our volunteers, Mrs. Surjit Dhaliwal, delivered a beautiful speech and a poem regarding the relationship between children and parents. Police officers from the southeast division also addressed the seniors on this occasion and gave them safety tips. Here is what some of the people who attended the event said: Uzma Shahid "excellent warm gathering", Sussan Granger "Wonderful, love the paintings and the photographs", Ayesha Notiar "Wonderful event, very good food."

Chai & Chat: The seniors support group meets on the first Monday of the month over tea and snacks. Usually there is a short presentation on a health topic requested by the group followed by some fun interactive games over chai.

Field Trip: In July, the seniors went on a field trip to Randall Park where they enjoyed the beautiful scenery and a special barbeque arranged for them.

Bazaar: A bazaar was organized on June 23rd to provide an opportunity to people with small home-based businesses to sell and advertise their products for the Centre to sell craft items.

Diabetes and Obesity focus group: This focus group concentrated on the various causes of diabetes including obesity and how obesity can increase the chances of developing type 2 diabetes and the various ways to prevent it.

Friendship Circle: The group meets on the third Monday of each month. They have formed a drama club with the intention of educating and raising awareness in the community about various types of elder neglect and abuse, how to recognize abuse, prevent, report and learn how to build healthy

relationships. They are also looking for ways to build more community support for isolated seniors and caregivers and to deal with ageism and belief that older adults are not capable or not interested in participating in most community activities.

English Classes: English classes are conducted for seniors and women every Thursday which helps them to become more independent and breaks isolation.

Computer Classes: Computer classes are conducted every Tuesday where the students learn basic computer skills including working on Word, iPad, Microsoft office, use emails, internet and search engine etc.

Youth Mentorship program: A series of five workshops are being held by youth volunteers twice a month. This youth mentoring session involves Interaction of young adults with the younger school students where they actively participate in arts and crafts.

Chair yoga: Every Monday there is chair yoga for seniors. This helps the seniors to increase their flexibility, balance and overall joint and muscle strength.

Estate planning and Optimizing Tax efficiency in investments: This session included the information on RRSP and the importance of effectively managing taxes payable on investments which may dramatically impact the future financial position of the person. This session was open for all to attend.

Interfaith Multicultural Event: Annual multicultural event is being held on Sept 20th. Enjoy the various dances and songs from different cultures around the world along with speeches delivered by speakers from different faiths. Shop from the bazaar displaying an array of clothes, jewelry and art pieces. Socialize in the meet and greet and enjoy the amazing delicacies served for appetizers and dinner.

UPCOMING EVENTS & SPEAKERS

July

- Child & Spousal Support DTA)
- Elder abuse workshop (15th)
- Randall Park Field Trip (21st)

August

- Diabetes and Obesity focus group (7th)

September

- Interfaith Multicultural Event (20th)

October

- National Seniors Day (1st)
- Seniors Benefits and Credits; Scams. (16th)
- Newcomers Benefits and Credits, Canadian tax system

November

- Energy Conservation Workshop (6th)

December

- Holiday Celebration & Volunteer Appreciation (29th)

SENIORS' PROGRAM AND SERVICES

(Open to Men & Women)

One-on-one support, outreach services, workshops and information sessions, English, computer, art and craft classes and exercise program, citizenship classes, health and wellness clinics, referrals, assistance with form filling, translation Services (Hindi, Urdu & Punjabi), and many opportunities to socialize, join support groups, develop new hobbies, story writing and poetry reading.

WOMEN

Personal development and skill building, job search skills, updating of resume and interview skills, basic computer skills, English and Citizenship classes, parenting, budgeting, life skills classes, workshops on topics of interest, sewing classes, opportunities to generate income, promote small home-based businesses.

*When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible.
-Howard Schultz*

Congratulations:

Heartiest congratulations to Shameem Siddiqui on receiving Strathcona Sage award for volunteer. We are so proud of you-well deserved!



Interfaith Speakers, Seniors Safety tips- EPS, English class, Seniors trip, Computer class

RESPONDING TO VICTIMS OF DOMESTIC VIOLENCE IN SOUTH ASIAN COMMUNITIES AND FAMILY SUPPORT PROGRAM

(Open to Men & Women)

We provide the following services:

Helping victims navigate the system (accompany them to access needed services when necessary), legal aid, court, child and family services, low income housing etc.

One-on-one support, Outreach services

Risk management/safety planning

Referrals to professional counselors, spiritual leaders and other service providers (if requested)

Translation Services (in Urdu, Hindi, and Punjabi)

Education, Information, Awareness

Workshops (communicating through conflict, meditation, anger management, dealing with difficult people, financial literacy, parenting etc.)

Community

Youth: Math & Homework Help

Urdu Classes

Tax Returns -Filed Free (income under \$30,000)



Daily Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXERCISE CLASS FOR SENIORS 9:30 AM – 10:30 AM 10:45 AM – 11:45 AM MENTORSHIP PROGRAM 12:00 PM – 1:00 PM	DIGITAL LITERACY 11:00 AM – 1:00 PM CITIZENSHIP CLASS 1:00 PM – 2:00: PM ART CLASS 2:00 PM – 4:00 PM	WORKSHOPS/INFO SESSIONS/CRAFT/ SOCIAL 12:00 PM – 3:00 PM	EXERCISE CLASS FOR SENIORS 10:45AM – 11:45 AM FUNCTIONAL ENGLISH CLASS 12: 00PM-2:00PM ART CLASS 2:00 PM – 4:00 PM		HOMEWORK CLUB 11:00 AM – 1:00 PM CONVERSATIONAL ENGLISH 11:00 AM – 1:00 PM	URDU CLASS 11:00 AM – 12:30 PM

- o Seniors' Support Group Meeting – First Mon of the month - 2:00 to 4:00 PM
- o Seniors' Monthly Meetings - Second Sunday of the month from 12:30 - 3:00 PM
- o Women's Support group Meeting -First Thursday of the month 5:30-7 :30 PM

- o Peer Support - third Monday of the month from 2:00 PM to 4:00 PM
- o Computer, Citizenship, and Conversational English classes are ongoing
- *Registration required**